OMENS WOES Thousands women suffer daily backache, dizzy headache, spells, languor, nervousness and dozen other symptoms of kidney trouble, but tay it to other causes. Make no mistake. Keep the kidneys well. and these aches and troubles will is the g

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disappear. Anthony Mrs. ste, 77 Mechanic street, Leomin-"My sight failed, Mass., Says: sharp pain in my back and agdown pains through the hips. pervous, fretful and miserable, gine was greatly disordered and can to have the swellings of I was running down fast, I started using Doan's Kidney A wonderful change came and using them faithfully for a short

I was well." M by all dealers. 50 cents a box. Milburn Co., Buffalo, N. Y.

and low-li ns the o akers are neir habit saves Literature for Invention. is said that Gabriele d'Annunzio wearled of literature and now asto become a great inventor. His reries up to date are a new sys for bicycles which does away the rubber tire and a sure cure pidness. The discoverer is still

The Ideal Family Laxative.

that can be used by the entire y, young and old, weak and without any danger of harmful s. It should have properties Insure the same dose always of the same effect, otherwise the tity will have to be increased and by lose its effect altogether. These erties can be found in that old y remedy, Brandreth's Pills, be-its ingredients are of the purest al extracts, and every pill is kept three years before being sold, a allows them to mellow. We do believe there is a laxative on the net that is so carefully made. andreth's Pills are the same fine

tive tonic pills your grandparents They have been in use for over ctury and are for sale everywhere, or plain or sugar-coated.

cording to the New York Triba country paper lays down this of etiquette: "When a lady and eman are walking in the street, lady should walk inside of the

seems a little strange that this le rule, so long current among cannibal tribes of the Andaman other islands, should find its way a rural journal of more or less ization. It would appear that the sette editor of the paper in queswas either too careless or fied to note any exceptions to the Otherwise he would have exted that when the gentleman was sty and desired to enter a cafe lady would walk on the outside. teland Plain Dealer.

The Zulu War Cry.

take the field by the South Afrifootballers now in London, has led our newspapers, not one of h seems able to spell it correctly, Notes and Queries. The Daily ess gives it as "Igamilzho," and Daily Mail as "Gammillo." The really consists of two words, and written "Igama layo." ma" is Zulu for "name," and " is a possessive pronoun, meaneither "his" or "their." Thus the y Mail, although quite wrong in orthography of the cry, is right in ing that it merely means "That is name." The explanation is that etiquette does not allow warriors. they rush into battle, to menthe names of their enemies, but leaders shout out, "That is his e." pointing to the victims with

HARD TO SEE.

When the Facts About Coffee Are Plain.

is curious how people will refuse lieve what one can clearly see ell the average man or woman the slow but cumulative poisoneffect of caffeine-the alkaloid in and coffee-tends to weaken the t, upset the nervous system and e indigestion, and they may laugh ou if they don't know the facts. rove it by science or by practical

nstration in the recovery of cofdrinkers from the above condi-, and a large per cent. of the man family will shrug their shoultake the drugs and-keep on king coffee or tea.

Coffee never agreed with me nor several members of our housewrites a lady. It enervates, dees and creates a feeling of lanand heaviness. It was only by by off coffee and using Postum we discovered the cause and cure

The only reason, I am sure, why um is not used altogether to the sion of ordinary coffee is, many ons do not know and do not seem ing to learn the facts and how to Pare this nutritious beverage. re's only one way-according to ctions-boil it fully 15 minutes. a it is delicious." Name given by little book, "The Road to Well. N. Y. Press. de, in page. "There's a reason."

PRESCRIBING

Not a thousand miles from where Christopher Columbus stands discovering Central park five gentlemen of modest means meet every Sunday afternoon for a quiet little game of draw poker. At the last meeting, the doctor, the senior member of the quintet, had tried to make away with a large pot by standing pat on a hand that was unfit for publication, and which was called and beaten by a pair of jacks held by Wilkins, whom the doctor deteste" on account of his inquisitiveness. The doctor, who was rather choleric, had left the room in a rage, vowing, as he had on various other occasions, that he was done with the game forever, but a week's time had smoothed his ruffled feelings and he was now the picture of good humor and composure.

What added somewhat to his pres ent good humor was the fact that he held in his pudgy fat hands three nines, before the draw, and all the players in on a large jackpot.

Wilkins had been pressing the button at regular intervals, and also doing the rest, which gave him a very optimistic view of things in general. He had stood all raises and with a jack, king and queen of hearts was trusting in kind Fortune with a childlike faith that was beautiful to behold to bestow upon him a straight flush. It was the doctor's deal and he nervously tossed the cards to the several players as they called for the number desired. Wilkins, with a pleasant smile on his face, was lost in thought and absentmindedly making rings on the table with the bottom of his glass.

"Mr. Wilkins, if you will come out of your trance and call for your cards the game will proceed," said the doctor with growing Impatience, and casting wolfish eyes at the stacks of blue and yellow checks in the center of the table.

Wilkins came back to the present with a start. "Beg pardon, Doc," he said, "just tear me two off the roof. Any two will do."

The doctor dealt two cards to him, and holding up a queen as a kicker to his three nines, dealt one card to himself. He squeezed his cards tightly to see that none of them got away and slowly skinned them over with considerable misgivings, as he thought of several one-card draws against him. To his great satisfaction he found a fourth nine.

The opener on his left led off with a modest bet and the others simply made good, except Wilkins, who had brightened up all at once and seemed to take considerable interest in the

"If you people play poker with me you have got to have the goods," Wilkins remarked. "Doc, just stack up alongside of that if you think well of your hand," he said as he dumped a stack of yellows defiantly in front of him, and then put a stack of blues on top of the vellows.

There was a dangerous gleam in the doctor's eyes as he fingered the bills that were under his checks.

"Well, mine are pretty good cards," he said. "I'll just bet you \$20 harder, Mr. Man," and pushed checks and

A sigh of distress went up from the other players as they dropped their hands reluctantly into the discard. It was up to Wilkins again. "Doc," he said, "I've got you beat, but I'll just call you. I know you've been loser in this game, so I'll let you down easy."

The doctor glared fiercely over his spectacles at his opponent. "Never you mind about me, you play your hand. I don't want any of your sym-

Wilkins peeled two tens off his pile of bills and pushed them into the pot saying meanwhile, "Now, my elderly friend, will you kindly let us see what you are sitting behind?"

"I'm sitting behind four of the biggest nines in the deck, that's what!" snapped the doctor.

"Sorry, Doe," said Wilkins as he draiged his glass, "but they won't do: I have here a royal straight flush of hearts," and he counted them down, one at a time-"Ace, king, queen, jack, As he dropped the last card on the table his face took on a troubled expression. The card was an eight, and not a jen of hearts,

The doctor had been rapidly going into a state of nervous collapse, but on seeing the last card had recovered

Tve been playing poker 40 years, and that's the first ten I ever saw with only eight spots on it," he said, sarcastically. He drew in the pot and glanced at his watch. "Great Scott!" he exclaimed, "I had no idea it was so Here, cash these checks; 1 promised my wife I would take her to hurch to-night, and I just have time to get there."

A protest arose, but all to no effect. "Never broke a promise to my wife in my life, and too late to begin now, the doctor sald, getting into his coat and moving toward the door

Spencer had taken no part in the effort to detain the winner, but now he inquired if the doctor did not live Fifty-seventh street, between Eighth and Ninth avenues.

I de," replied the doctor. "Will you pass Pringle's drug store on your way home?" he asked.

The doctor said he would, "I hate to impose on your good nature, Doc," said Spencer, "but I'll esteem it a personal favor if you'll drop in there and see if Pringle has anyum Co., Battle Creek, Mich. Read thing to cure you of those cold feet."

Carpet rags dyed with PUTNAM FADELESS DYES will remain bright and beautiful. No trouble to use.

He who steals a watch should not be surprised if he has to do time later.

Mrs. Winslow's Soothing Syrup. endidien tecthing, softens the gums, reduces in-

The Common Evil. The sin which is termed dishonesty is the same evil as that which is called disease in living bodies or blight in the seasons, and in cities and governments has another name, which is injustice.-Plato.

Important to Mothers. Examine carefully every bottle of CASTORIA. a safe and sure remedy for infants and children

Bears the Chart H. Fletchire. In Use For Over 30 Years. The Kind You Have Always Bought.

New York Girl Now Lady Paget. There are now ten Lady Pagets in Great Britain, the latest being the wife of Gen. Paget, who has just been knighted. She was Miss Minnie, daughter of Mrs. Paran Stevens, of New York. Her first appearance in London society was made a good many years ago, when her beauty and vivacity caused quite a sensation.

Value of Woman's Nose. Englishwoman was awarded \$500 damages for a broken nose. The judge said: "If my nose were injured I do not suppose the jury would allow me anything, but a woman stands in a different category."

Two French cases are apropos. In one a man was awarded \$150 for a nose broken in a fight, while in the other \$600 was reecived by a young woman whose nose was broken in a collision. The woman was an artist's model, and what would have been a trifle to a man was a serious matter to her, as it would probably prevent her from earning her living as a

SKIN ERUPTIONS 35 YEARS.

Suffered Severely with Eczema All Over Body-A Thousand Thanks to Cuticura Remedies.

"For over thirty-five years I was a severe sufferer from eczema. The eruption was not confined to any one place. It was all over my body, limbs, and even on my head. I am sixty years old and an old soldier, and have been examined by the Government Board over fifteen times, and they said there was no cure for me. I have taken all kinds of medicine and have spent large sums of money for doctors, without avail. A short time ago I decided to try the Cuticura Remedies, and after using two cakes of Cuticura Soap, two boxes of Cuticura Ointment, and two bottles of Cuticura Resolvent, two treatments in all, I am now well and completely cured. A thousand thanks to Cuticura. I cannot speak too highly of the Cuticura Remedies. Joan T. Roach, Richmondale, Ross Co., Ohio, July 17,

Important News Chronicled.

An English paper gravely announces that "Sir Kerl Singh, the maharao of Srohi, lost his last jaw tooth on July 2 and had a diamond one put in

FROM GIRLHOOD TO WOMANHOOD

Mothers Should Watch the Development of Their Daughters-Interesting Experiences of Misses Borman and Mills.



When a girl's thoughts become sluggish, with headache, dizziness or a disposition to sleep, pains in back or lower limbs, eyes dim, desire for solitude; when she is a mystery to herself and friends, her mother should come to her aid, and remember that Lydia E. Pinkham's Vegetable Compound my periods are regular, and remember that Lydia E. Pinkham's Vegetable Compound my headaches. "But since taking the Compound my headaches have entirely left me, my periods are regular, and I am getting strong and well. I am telling all my girl friends what Lydia E. Pinkham's Vegetable Compound has done for me."—Matilda Borman, Farmington, Iowa. When a girl's thoughts become slugperiod in a young girl's life without pain or irregularities.

Hundreds of letters from young girls and from mothers, expressing their gratitude for what Lydia E. Pinkham's Vegetable Company J. Vegetable Compound has accomplished for them, have been received by the Lydia E. Pinkham Medicine Co., at

Miss Mills has written the two following letters to Mrs. Pinkham, which will be read with interest:

Immigrants for Ecuador.

Bird's Unbroken Flight.

travel from central Africa to the Ger-

man ocean, a distance of 1,690 miles,

making the journey in nine hours.

or Dutch races.

Lydia E. Pinkham's Vegetable Compound Makes Sick Women Well.

There is no satisfaction keener than being dry / and comfortable The government of Ecuador has signed a contract with an agency in Guayaquil for the purpose of importing immigrants into the lower and eastern portion of the republic. The when out in the hardest storm YOU ARE SURE OF THIS IF YOU WEAR company binds itself to import 5,000 families. It is specified in the contract that the immigrants shall be white and preferably of the German COWER'S FISH BRAND In one unbroken nocturnal flight the OILED European bird known as the northern blue throat has been proved to CLOTHING .

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SHOES FOR EVERYBODY AT ALL PRICES.

Men's Shoes. \$5 to \$1.50. Boys' Shoes. \$3
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Try W. L. Douglas Women's. Misses and:
Children's shoes; for style, fit and wear
they excel other makes.

If I could take you into my large
factories at Brockton, Mass., and show
you how carefully W. L. Douglas shoes
are made, you would then understand
why they hold their shape, fit better,
wear longer, and are of greater value
than any other make.

Wherever you live, you can obtain W. L.
Douglas shoes. His name and price is stamped
on the bottom, which protects you against high
prices and inferior shoes. Take no substitute. Ask your dealer for W. L. Douglas shoes
and insist upon having them.

Fast Color Eyelets used; they will not weer brass;
W. L. DOUGLAS, Dept. 12, Brockton, Mass.

Every mother possesses information which is of vital interest to her young daughter.

Too often this is never imparted or is withheld until serious harm has resulted to the growing girl through her ignorance of nature's mysterious and wonderful laws and penalties.

Girls' over-sensitiveness and modesty often puzzle their mothers and baffle physicians, as they so often withheld their confidence from their mothers and conceal the symptoms which ought to be told to their physician at this critical period.

When a girl's thoughts become slug-

Pinkham as follows:

If you know of any young girl who is slek and needs motherly advice, ask her to address Mrs. Pinkham at Lynn, Mass., and tell her every detail of her symptoms, and to keep nothing back. She will receive advice absolutely free, from a source that has no rival in the experience of woman's ills, and it will, if followed, put her on the right road to a

strong, healthy and happy womanhood. Lydia E. Pinkham's Vegetable Comwill be read with interest:

Dear Mrs. Pinkham:— (First Letter.)

"I am but fifteen years of age, am depressed, have dizzy spells, chills, headache and back
known. Why don't you try it?

A. G. SPALDING & BROS.

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all inflamed, ulcerated and catarrhal con-

ditions of the mucous membrane such as

nasal catarrh, uterine catarrh caused

by feminine ills, sore throat, sore mouth or inflamed eyes by simply dosing the stomach. But you surely can cure these stubborn affections by local treatment with

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which destroys the disease germs checks discharges, stops pain, and heals the inflammation and soreness.

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